

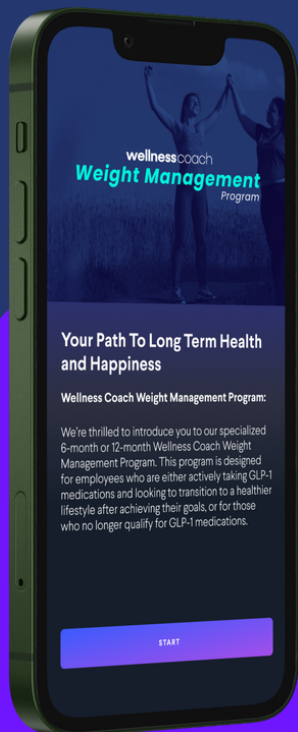


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LIVE HEALTHIER, HAPPIER, LONGER.



INTRODUCING:

Wellness Coach Weight Management



Empower your employees to take charge of their wellness journey with personalized coaching, rewards, and unparalleled support.

Wellness Coach Weight Management:

Personalized Coaching, Rewards, and Support

Give your employees the tools they need to achieve their health goals, stay motivated, and feel supported on their wellness journey.

Our goal is to support your employees at every step as they work toward their weight management goals. Here's what's included:

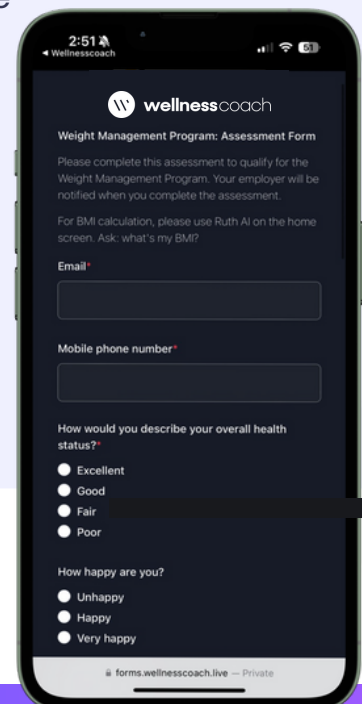
- **Personal Coaching:** Up to 4 personalized coaching sessions per month with a dedicated expert in weight management, focused on supporting sustainable, long-term success.
- **Cash Rewards:** Incentives for achieving weight loss milestones, providing extra motivation for employees to stay on track and celebrate their progress.

✓ Who is this program for?

- **Current GLP-1 Users:** Designed for employees currently taking GLP-1 medications to support their journey toward long-term sustainability.
- **Transitioning Individuals:** Perfect for employees who have reached their goals or are no longer eligible for GLP-1 medications, helping them maintain their progress.

✓ Eligibility Criteria (decided by employer):

- **A1C Levels:** An A1C level of 7 or higher
- **BMI Threshold:** A BMI of 25 or higher.
- **Medical Proof (Optional):** Lab results or a doctor's note.



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Weight Management Program: Assessment Form

Please complete this assessment to qualify for the Weight Management Program. Your employer will be notified when you complete the assessment.

For BMI calculation, please use Ruth AI on the home screen. Ask: what's my BMI?

Email*

Mobile phone number*

How would you describe your overall health status?

- Excellent
- Good
- Fair
- Poor

How happy are you?

- Unhappy
- Happy
- Very happy

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Wellness Coach Weight Management: Personalized Coaching, Rewards, and Support

Your Employees' Path to Success: A Step-by-Step Journey

Here's how this program will guide your employees toward achieving and maintaining their weight management goals:

- **Setting Goals**

Begins with a simple health assessment, including current and target weight. Includes one-on-one sessions with a dedicated coach to define realistic, personalized goals tailored to individual journeys.

- **Tracking Progress**

Daily steps and wellness progress are logged using user-friendly tools. A suggested daily steps chart is provided to guide and achieve milestones.

- **Mid-Way Check-In**

A mid-program review assesses progress. Plans are fine-tuned by coaches to ensure alignment with goals and sustained motivation.

- **Final Assessment**

Concludes with a comprehensive review, including:

1. Sharing results and program feedback.
2. Evaluating improvements in health and happiness.
3. Establishing future goals to maintain long-term success.
4. This phased approach ensures structured support and measurable outcomes for sustainable progress.



Where most programs push you to immediately commit to an exercise routine, 10,000 steps, and a daily calorie range, Tessa is much more reasonable and aligns with my desire to make incremental changes over time.

The goals we set are doable: look to replace unhealthy snacks with healthy alternatives, gradually build up to 8,000 steps, and incorporate more movement with walks and yoga. A win is that I just increased my daily step goal from 4,000 to 5,000.

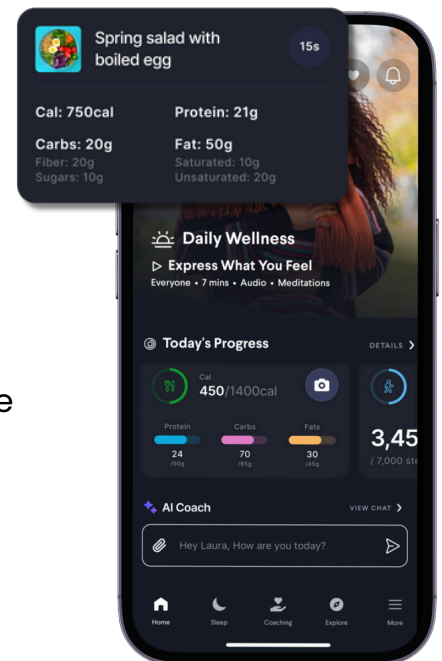
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Elevating Weight Management Programs with *Nutrition by Wellness Coach*

Integrating Nutrition by Wellness Coach into the weight management program simplifies nutrition, promotes healthier habits, and delivers better results.

- **Effortless Meal Tracking:** Meals can be captured with a quick photo, instantly calculating calories, protein, carbs, and nutrients—eliminating the need for manual input.
- **Personalized Nutrition Plans:** Tailored calorie and macronutrient recommendations are generated through quick assessments, with options to include GLP-1 usage or health data for deeper insights.
- **Progress Sharing:** Eating and progress data can be exported to coaches, enabling more personalized guidance and improved outcomes.
- **24/7 AI Support:** Meal plans, tips, and advice are available anytime, providing continuous motivation and accountability.



This feature streamlines nutrition management, supporting employees in achieving sustainable, long-term success!

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I lost 5% of my weight in 4 months and feel more energetic. My digestion and sleep have improved. Coach Jenny and her support and tips have been invaluable. This has been a life-changing experience.



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Wellness Coach Weight Management:

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Each month, employees are paired with a dedicated coach specializing in weight management and fitness, providing guidance, answering questions, and supporting sustainable habit transformation.

Here's what your employees can look forward to each month:

Month	% weight loss per month
Month 1 - Laying the Groundwork	Employees submit assessment data, track activity with wearables, book 1:1 sessions with a Nutrition Coach, and start low-intensity workouts. (Wearables provided by Wellness Coach if needed.)
Month 2 - Building Healthy Habits	Employees learn about nutrition, track meals, increase activity, maintain low-intensity workouts, and have monthly coach check-ins.
Month 3 - Progress Tracking	The mid-program review includes updating assessment data, adjusting goals, and setting new targets with the nutrition coach. Employees track meals, increase daily steps by 20-30%, intensify workouts, and have monthly check-ins to review progress.
Month 4 - Building Momentum	Education on superfoods and supplements is provided, along with meal tracking. Daily steps are increased by 30-40%, and workouts are intensified with an enhanced exercise routine.
Month 5 - Advanced Lifestyle Integration	Dietary strategies are introduced, and meal tracking is implemented. Daily steps are increased by 40-50%, and workouts are intensified with step-up exercises tracked using wearables.
Month 6 - Program Culmination and Future Planning	Guidance is provided on maintaining a food journal. The final assessment includes sharing data and consulting with a coach to establish sustainable habits. Activity tracking involves a 50% increase in steps using wearables.

Empower your employees with the tools, support, and guidance they need to achieve lasting health and well-being—because a healthier team means a stronger business.

Try it for your business!

BOOK A DEMO